

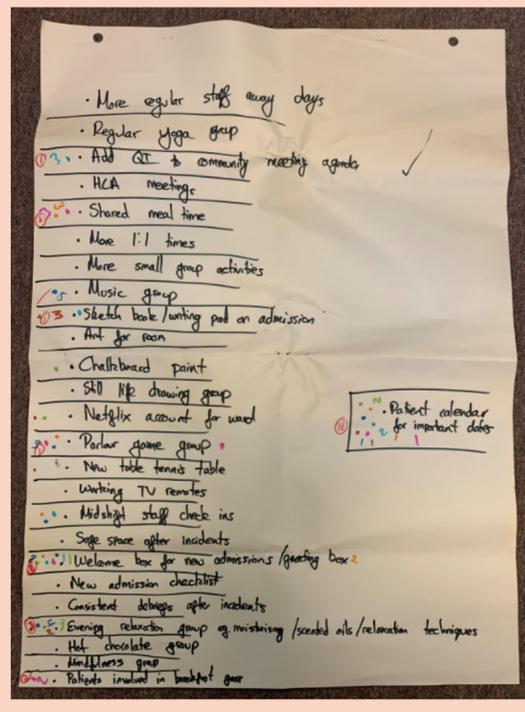
As we approach Christmas, and the final four months of our work together, I want to thank you all for the inspiring work you have all led. It has truly been a privilege to be part of this learning community. The way you have gone about this work, in true partnership, and the change ideas that you have been testing, are making a massive difference in reducing restrictive practice and creating a culture of togetherness and safety.

I look forward to seeing many of you at the next learning session in January, when we will be thinking together about what it will take to scale up the learning within your Trust. I hope you'll be able to bring along your sponsors to this session, so that they can experience the energy of the community and learn about how to scale up improvement.

As we race towards the finish line, let's see if we can accelerate our pace of testing. Do keep reflecting on your system and develop new ideas that might make a difference. We're not yet at our goal of 30% reduction across the community, so let's keep testing and improving!

Best wishes,
Amar

New Ideas on Pavilion Ward



Through this collaborative we hope to create a QI culture in which all people on your wards feel able to generate, suggest and test change ideas. This is not a one time thing to do at the beginning of the project.

Try to take time to think of change ideas for your ward with staff, patients, visitors and carers. Pavilion ward (Sussex) did this recently during a staff meeting using a version of:

- nominal group technique
- multi-voting
- rank ordering

In this photo you can see the results of just 20 minutes of discussion! If you would like to use these techniques on your ward please see our Generating Ideas worksheet [here](#).

Springfield Hospital

On Wednesday 4th December, Lilac and Jupiter Wards from South West London & St George's presented their projects at their Trust's reducing restrictive practice day. The wards' presentations included new ideas they are testing:

Lilac Ward have introduced a welcome pack for patients. Staff on the ward were inspired by hearing about this idea at our last learning set and have now distributed packs to new and existing patients on the ward, as modelled below by Nursing Associate, Bheki!

Jupiter Ward have started a daily walking group at 10:30 and this has helped to reduce restrictive practice on the ward. The group has been well received by patients who are ready and raring to go each morning!

Feeling Festive



Congratulations to Juniper Ward (BEHMHT) who won the award for 'Living Our Values' at their Trust's awards ceremony!



Irwell Ward's (Greater Manchester) activities advent calendar



Christmas decorations by the ladies on Waveney Ward (Norfolk & Suffolk)



Hawthorns PICU (Southern Health) planning their Christmas activities!



Generating new ideas



Chill-out Room

One of Bradley Brook's (Avon & Wiltshire) change ideas was to create a chill-out room, designed with patients. After months of hard work, here is the finished product!

